

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2012

Berry Bread Pudding

Frozen Fruit Cups

Sunny's Salad

Hamburger Soup

Spanish Rice



Berry Bread Pudding

1½ cups unsweetened, frozen berries, thawed and undrained, or fresh (blueberries, sliced strawberries, or raspberries)
1 tablespoon sugar (optional)
½ teaspoon vanilla extract
4 or 5 slices whole wheat bread, crusts removed
4 tablespoons fat-free vanilla yogurt (optional)

1. In a small bowl, combine berries, sugar and vanilla extract.
2. Spoon ¼ cup of the berry mixture to cover the bottom of a 2- or 3-cup deep dish.
3. Cover the berry mixture with a slice of bread.
4. Spoon ⅓ of the remaining berry mixture on top of the bread and cover with another layer of bread.
5. Repeat steps 3 and 4 twice, ending with a slice of bread.
6. Cover with plastic wrap and place a plate or bowl on top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
7. Refrigerate overnight.
8. Serve with a tablespoon of vanilla yogurt as a topping, if desired.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 1.5 grams of fat, and 23 grams of carbohydrates.

Cut Back on Your Kid's Sweet Treats

Serve Small Portions: It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

Source: www.ChooseMyPlate.gov

Frozen Fruit Cups

3 bananas
24 ounces fat-free strawberry yogurt
10 ounces strawberries, frozen, thawed, undrained
1 can (8 ounces) crushed pineapple, undrained

1. Line muffin tin(s) cups with paper baking cups (18 total).
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
4. Remove frozen cups and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

Recipe adapted from: SNAP-Ed Connection

Nutrition Note: This recipe makes 18 servings. Each serving has 50 calories, 0 grams of fat, and 11 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"For bonding."

~ Christina, WIC Breastfeeding Mom
from the Grand Forks Air Force Base

For more information about breastfeeding,
check out our new breastfeeding website at
www.ndhealth.gov/breastfeeding.



Sunny's Salad

1 package (12 ounces) romaine lettuce bagged salad mix
1 pint fresh strawberries, sliced
½ cup light mayonnaise
¼ cup skim or 1% milk
¼ cup sugar
2 teaspoons poppy seeds
½ small red onion, sliced thin



1. Place lettuce and strawberries in a large bowl.
2. In a separate bowl, mix mayonnaise, milk, sugar and poppy seeds together until blended.
3. Pour over lettuce and strawberries just before serving.
4. Sprinkle onions over the salad.

Nutrition Note: This recipe makes 8 servings. Each serving has 100 calories, 6 grams of fat, and 13 grams of carbohydrates.

Hamburger Soup

1 pound lean ground beef
6 cups water
1 can (14.5 ounces) diced tomatoes
1 can (15 ounces) tomato sauce
¼ cup quick pearl barley
1 medium onion, chopped
3 carrots, diced
4 celery stalks, chopped
1 large potato, diced
1 tablespoon dried parsley
1 tablespoon celery flakes
1 teaspoon salt
2 teaspoons pepper
½ teaspoon thyme
½ teaspoon dill weed
2 teaspoons dry onion soup mix (optional)



1. In a large pot, cook the ground beef until it is browned and thoroughly cooked.
2. Drain any grease from the cooked meat and place it back into the pot.
3. Add the water, followed by the remaining ingredients.
4. Bring the soup to a boil. Once boiling, turn it down to low heat and let it simmer, covered, for 1 to 1½ hours.

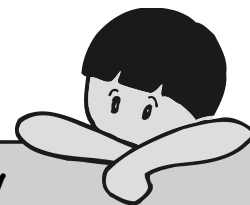
Note: This soup freezes well for future meals.

Nutrition Note: This recipe makes 8 servings. Each serving has 210 calories, 6 grams of fat, and 24 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV



Play freeze dancing. Put on some music and let your child dance. Stop the music and everyone freezes. Turn the music back on and start dancing again.

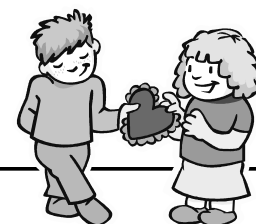
Spanish Rice

1 tablespoon vegetable oil
1 small onion, chopped
1 small green bell pepper, chopped
2 cloves garlic, minced
1 cup regular brown rice or 1½ cups instant brown rice
2½ cups low-sodium chicken broth
1 can (14.5 ounces) diced tomatoes
Chopped cilantro (optional)

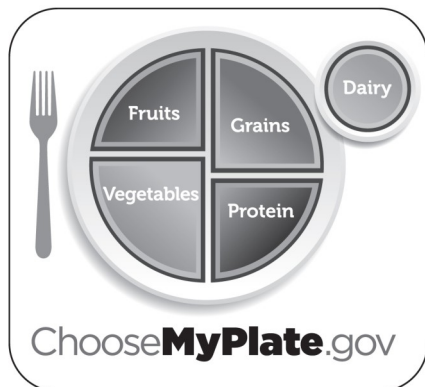
1. Heat oil in a large skillet over medium heat. Add onion, green pepper and garlic; cook, stirring occasionally, 3 minutes. Stir in brown rice and cook about 3 minutes or until lightly toasted.
2. Add chicken broth and tomatoes with their juice. Bring to a boil; reduce heat and simmer, tightly covered, 30 to 40 minutes or until rice is tender.
3. Season with salt and pepper. Stir in chopped cilantro, if desired.

Recipe source: www.usarice.com/wic

Nutrition Note: This recipe makes 8 servings. Each serving has 130 calories, 3 grams of fat, and 22 grams of carbohydrates.



GROWING HAPPY FAMILIES



Enjoy Your Food, But Eat Less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too much. Pay attention to hunger and fullness cues to recognize when to eat and when you've had enough.